

Topics in this cycle: Athletics	Taught: Summer 1	Year Group: Key stage 3
Key knowledge/concepts to be learnt ('Tell me about...')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<p>How do I put a shot-put? Identify the key safety points. Demonstrate the correct grip and stance. Explain how to push the shot a good distance.</p> <p>What running style should I use to sprint? Identify the key points of how to sprint. Demonstrate how to sprint with the correct arm and leg action. Explain how to position the body to sprint as fast as possible</p> <p>What technique should I use to jump as high as possible? Identify how to take off and land safely. Demonstrate how to perform a Fosbury flop high jump technique. Explain the correct body position that will enable you to jump as high as possible.</p> <p>How do I pace middle- and long-distance races? Identify the different % pace of maximum that should be used for middle- and long-distance races. Demonstrate that they can pace an event correctly, so that they can move quickly without becoming fatigued. Evaluate the pace of another student and give advice to slow down or speed up.</p> <p>How do I perform an effective change over in relay? Identify the rules of a relay change over. Demonstrate how to perform an effective relay change over with a partner. Analyse a relay change over and suggest ways to improve it.</p> <p>How do I jump a great distance in long jump? Identify how to take of and land safely and effectively. Demonstrate how to take off and propel yourself through the air using the correct body shape. Analyse another students take off and body shape to advise on how to jump further.</p> <p>How do I throw a javelin? Identify the key safety points. Demonstrate the correct grip, stance and approach to use when throwing a javelin.</p>		<p>How To Throw A Shot Put - YouTube</p> <p>Rules of Shot Put Throw : Rules and Regulations of Shot Put Throw for Beginners - YouTube</p> <p>Usain Bolt - How To Win The 100m - YouTube Sprinting Technique Common Errors & Myths - YouTube</p> <p>An athlete uses physics to shatter world records - Asaf Bar-Yosef - YouTube</p> <p>High Jump Technique - Rotating Over the Bar (Part 1) - YouTube</p> <p>BREAKDOWN: Analysis of the Fastest 800m Runner in the World - YouTube Kelly Holmes - 800m, OG Athens 2004. - YouTube</p> <p>Relay Race Technique - YouTube Women's 4x100m Final IAAF World Championships London 2017 - YouTube</p> <p>Greg Rutherford - Long Jump Montage - YouTube https://www.youtube.com/watch?v=r55-fvNIKJU</p> <p>How to throw the javelin #3 The javelin grip - YouTube</p>

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<p>Explain how to throw the javelin an optimum distance.</p> <p>How do I throw a discus? Identify the key safety points. Demonstrate the 5 phases of the discus throw (grip, preparation, entry, release and airborne)</p>	<p>BASIC Discus Throw Technique (the power throw) - YouTube</p> <p>Germany's Harting wins Discus gold - YouTube</p>
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Key Vocabulary and Definitions To Be Learnt		What Will the Assessment Look Like?
Trajectory	The flight of an object.	<p><u>Quality of Performance</u></p> <p>Students will be BASE assessed on their practical skills related to athletics in either running, jumping or throwing events.</p> <p><u>Quality of theoretical Understanding</u></p> <p>Students will also be assessed on their theoretical knowledge related to Athletics.</p> <p>Including</p> <ul style="list-style-type: none"> • Rules and regulations • Skills and tactics • Analysis of performance
Sprint	A short distance maximum effort race (100m, 200m, 400m).	
Middle distance	A medium distance race that comprises of a 70% effort (800m, 1500m).	
Long distance	A long-distance race that uses 50-60% of max pace (5000m, 10000m).	
Shot	A metal ball used in Shot-put.	
Put	A push rather than a throw.	Family Learning Opportunities
Pacing	The speed that is most appropriate for the distance you are running.	- Join local athletics clubs.

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Fault	A foul or error caused by the athlete.	<ul style="list-style-type: none"> - Birchfield Harriers – The UK's Premier Athletics Club – Birchfield Harriers - Royal Sutton Coldfield AC – Home of Royal Sutton Coldfield Athletics Club at Wyndley - Visit athletics tracks and venues to practice. - Watch major athletics events together e.g. world championships, commonwealth and Olympics. - Practice sprints and jumps as a family to see who is the fastest in the family. - Watch you tube clips of famous athletes to inspire your child to take an interest in athletics.
Change over	Passing the baton in relay.	
Anaerobic	Short duration high intensity athletics actions e.g. sprint, throws and jumps	
Aerobic	Long duration low intensity athletics events such as 5000m and 10000m.	
Relay	An event in which the baton is passed between four athletes to complete a distance.	
Grip	How to hold a particular object in athletics	
Fosbury flop	A method of performing the high jump, in which the athlete travels over the bar backwards.	
False start	Where an athlete moves of the line before the starter gun has fired.	